

Six Exercises for Hips

APPENDIX V

Your personalized exercise program (this section is meant to be removed so you can post or keep it in a convenient location)

Perform the checked exercises: _____ times every day

Other instructions: _____



1

Ankle Pumps
To maintain range of motion and increase circulation.
The exercise: Bend ankles to move feet up and down, alternating feet.
Repeat: _____ times

2

Quad Set
To strengthen thigh muscles
The exercise: Slowly tighten thigh muscles of straight leg while counting out loud to _____.
Repeat: _____ times

3

Gluteal Squeeze
To strengthen buttocks muscles
The exercise: Squeeze buttocks muscles as tightly as possible while counting out loud to _____.
Repeat: _____ times

4

Heel Slide
To strengthen thigh muscles and increase range of motion at hip
The exercise: Gently bring one knee up as far as possible, keeping foot on floor. Return.
Repeat: _____ times

5

Abduction
To strengthen thigh muscles
The exercise: Put a pillow between thighs. Slide one leg out to the side. Keep kneecap pointing toward ceiling. Gently bring leg back to pillow.
Repeat: _____ times

6

Seated Knee Extension
To strengthen thigh muscles
The exercise: Sit on chair or bed. Straighten operated leg and try to hold it _____ seconds.
Repeat: _____ times each leg

Precautions

- Do Not bend your hip more than 90°.
- Do Not cross your legs at the knee or ankle.
- Do Not rotate your knee or foot inward.